



# Yoga-Mitra

for Harmony, Health, and Happiness



Gurukul

Winter



2012

Holistic Center (GYHC)

A Science of Living Institution

1300 Prince Rodgers Ave, Bridgewater, NJ 08807 Tel: (908) 526 0002

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**Welcome to Winter 2012@GYHC.** Gurukul Yoga Holistic Center(GYHC) is a Science of Living Institution with a **vision** of simplifying and demystifying life management and with a **mission** of serving the community with authentic Yoga/Holistic services at affordable tuition and creating **Friends of Yoga** (Yoga-Mitra) of all ages, bringing them harmony, health, and happiness!

GYHC is celebrating its 6th year at the present location serving the community with its founders (Prashant and Manju Joshi) in their 15<sup>th</sup> year in Bridgewater, and in their 20th year in the US serving the community together.

A typical **Friends of Yoga** Program consists of consistent practice of body warm-ups followed by breath warm-ups, **postures** to build strength, flexibility, tone, and improving circulation, and to **relieve back and neck pain**; **breathing techniques** to improve lung capacity to build stamina, **resistance to allergies, asthma, coughs and colds, reduce stress, anxiety, anger and pain**; **conscious relaxation** to create a healing environment in the body and mind, and **meditation** to clear the mind and improve concentration and focus. Benefits of Yoga are tremendous! Experience them all at GYHC! GYHC also offers holistic services including **Shiatsu, Reiki, Nutritional counseling**, lively **Music and Dance**.

**What to bring?** Wear loose and comfortable clothing; bring a bath towel/mat, your body with a light or empty stomach; a full mind, and a smile! Please **consult with your Doctor if there are any health concerns before undertaking Yoga**.

**How to register?** In person at GYHC OR at the Bridgewater Recreation office OR through Internet ([www.gurukulyoga.com](http://www.gurukulyoga.com), [gurukul@gurukulyoga.com](mailto:gurukul@gurukulyoga.com)) OR by calling GYHC at (908) 526-0002.

## Yoga-Mitra Program Description

- **Y-M-1 Adults (65-minutes)**  
This class is a beginner/intermediate level for Juniors/Teens/adults/seniors. We cover basic postures, breathing techniques, relaxation and meditation.
- **Y-M-1&2 Adults (75-minutes)**  
This class is for all levels and for Teens/Adults/Seniors. We cover inverted postures. We also cover more breathing techniques and longer meditation. Must for Serious Aspirants and Teachers-to-be!
- **Y-M Juniors (7-13years) (50-minutes)**  
Fun-filled class with basic flow of postures, breathing and relaxation techniques. focus on postures to improve core strength, flexibility and breathing techniques to improve focus, stamina, temperament for helping studies and sports alike!
- **Y-M Teens (14-17yrs) (50-minutes)**  
Same as juniors with more focus on leadership, sports and stress reduction to prepare for the real world!
- **Y-M Mommy &Me (3-6yrs) with a parent/ caregiver (30-minutes)**  
Come hop like a bunny, go for a snake walk, roam around like a Giraffe or hum like a bee! A fun filled class with focus on proper breathing and quiet time. Get a head-start on healthy living!
- **Body-Mind Sculpting through Sun Salutations (OBESITY PREVENTION/REDUCTION)(50-minutes)**  
This class is for Juniors/Teens/Adults/Seniors. Experience the power of Sun Salutations practice for sculpting/shaping your body and mind! Improve flexibility, strength and focus through this moving, invigorating practice!
- **Yoga of Spinal Health(New) (50-minutes):**  
This is a new class focused primarily on taking care of the entire spine for Juniors/Teens/Adults with a series of spinal twists helping relieve strain and strengthen the back to prevent injuries and help relieve many spinal health issues.
- **Breathing, Relaxation & Meditation Clinic(Addiction Cessation) (30-minutes) FREE – monthly every 4<sup>th</sup> Sunday**  
This class is for Juniors/Teens/Adults/Seniors for focusing on the breathing and meditative aspects of Yoga to improve resistance to **Asthma** and **allergies**; manage and reduce **stress**; wean off addictions, and create peace of mind! Learn Yogic breathing (**Praanayaama**), Conscious Relaxation (**Yoga-Nidra**) Meditation (**Dhyaana**) to purify the body, mind, and the soul!
- **Yoga Teacher/Therapist Training:** Achieve 200/500-hour certification as a Yoga Teacher/therapist with authentic learning from original texts, anatomy/physiology, teaching methodology, research paper on Yoga therapy

Please Turn Over For Schedule and Tuition



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**Holistic Center (GYHC)**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				6:30-7:20am Bright and Early Morning Yoga (New)	8:00-9:15am Y-M-1&2 Adults	
9:30-10:35am Y-M-1 Adults	9:30-10:35am Y-M-1 Adults	9:30-10:35am Y-M-1 Adults	9:30-10:35am Y-M-1 Adults	10-11:05am Y-M-1 Adults	9:30-10:20am Body-Mind Sculpting Sun Salutations	
11.00 -1.00pm Yoga Teacher/Therapist Training Program(TTP) (Weekday 4-month)	11:00-1:00pm Shiatsu By Appointment	11.00 -1.00pm Private Consultations & Reiki By Appointment	11.00 -1.00pm Yoga Teacher/Therapist Training Program(TTP) (Weekday 4-month)	11.30 -4:30pm Private Consultations & Reiki By Appointment	10.30-11.20am Y-M Teens	12.30 -4:30pm Private Consultations & Reiki By Appointment
	1:00-5:00pm Shiatsu By Appointment		4:30-5:30pm Naada-Yoga (Tablaa)		11:30-12:00pm Y-M Mommy&Me	
6:00-6:50pm Y-M Juniors	5:45-6:50pm Y-M-1 Adults	5:45-6:50pm Y-M-1 Adults	6:00-6:50pm Yoga of Spinal Health	4:45-5:15pm Pre-natal Yoga by appointment	12:00pm-12:30pm Pre-natal Yoga by appt	
7:00-8:15pm Y-M-1&2 Adults	7:00-8:15pm Y-M-1&2 Adults	7:00-7:50pm Body-Mind Sculpting Sun Salutations	7:00-8:15pm Y-M-1&2 Adults	5:30pm-9:30pm Dance Classes Sept-June	1pm-4pm Yoga Teacher/Therapist Training Program (TTP)	6.00-6.30pm <b>(FREE Community Meditation every 4<sup>th</sup> Sunday)</b>

### Winter 2012 Schedule & Tuition (January 2nd-March 31st) 13-weeks

(Winter tuition is based on the 13-week Program (once a week) and payable at the time of registration)

**Classes may be cancelled due to Inclement Weather. Please call ahead.**

- Introductory Trial Class available upon request at a discounted tuition
- **Yoga Teacher/Therapist Training Program (Y-TTP): 200-hours: \$1850.00; 500-hours: \$3,000.00**
- **Supporting Friendship (New): 1-year Family card for unlimited Yoga-classes \$1,000.00**
- **Annual Friendship(50-class-card): \$590.00**(65-minutes or shorter Yoga class); **\$650.00** (75-minutes or shorter Yoga class)
- **Semi-Annual Friendship(25-class card): \$315.00** (65-minutes or shorter Yoga class); **\$365.00** (75-minutes or shorter Yoga class)
- **Y-M-1: \$179.00** (13-class card); **Y-M-1&2: \$204.00** (13-class card); **21-Day challenge: \$210.00**(21-classes/month)
- **Body-Mind Sculpting through Sun Salutations(OBESITY PREVENTION/REDUCTION): \$163.00**(13-class card)
- **Yoga of Spinal Health: \$163.00** (13-class-card)
- **Y-M-Juniors and Teens: \$163.00** (13-class card); **Y-M-Mommy & Me: \$163.00** (13-class card)
- **Naada-Yoga (Tablaa): \$358.00** (13-class-card)
- **Shiatsu, Reiki, Dance, and Private Consultations: Please call for tuition and appointment**
- **Walk-ins: \$18.00** for a 75-minutes class; **\$15.00** for 65 minutes or shorter class
- No Tuition refunds; Make-up Policy flexible within the respective # weeks of tuition
- Checks payable to Gurukul, LLC and a \$25.00 fee for bounced checks will apply

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**Billions Yet To Be Served...**

Please turn Over for Information and description of classes